

1932
EDITION



THE RECIPE BOOK
OF

“ATORA”

The Good BEEF SUET

Foreword.



WE hope in this small booklet to create renewed interest in diet and in the selection of foods that nourish. In this selection we realise that economy, convenience, and nourishment are very necessary in the ingredients that go to the preparation of good food.

But food cannot nourish unless it be pure food. We have been closely identified for many years with the pure food campaign in this country, and we have strenuously striven by example and precept to secure regulations that will ensure purity in all our foods, such as we have in our "ATORA" beef suet, protected as it is from contamination and impurities by a clean and hygienic wrapper or carton. It is now 38 years since "ATORA" was introduced, and housewives in increasing numbers, year after year, over all the world as well as in this country, use it because they find it good and pure. Before the days of "ATORA" our mothers bought raw suet. They had the trouble of chopping it with flour and picking out the skin and waste tissue. Even so, some of the indigestible skin, tissue, and all the impurities went into the pudding. The remainder of the suet was placed in flour till next time came; but when the next time came it had become sour, tallowy and rancid, and quite unfit for use. "ATORA" has changed all that.

"ATORA" is the finest beef suet that money can buy. All skin, waste tissue, moisture, and the impurities always present in raw suet, are removed, in our process. The clarified "ATORA" is then cleanly shredded and a little of the best rice flour obtainable is blown by fans on to the shreds as they are formed. The rice flour keeps the shreds apart, but it also has the effect of protecting the suet from the air and keeping it fresh and sweet. A packet of "ATORA" can be put on the shelf till needed again, when it will be found as fresh as ever. There is no chopping to be done and it is thus always ready for immediate use and can be used to the last shred in the packet.

The freshness and sweetness of "ATORA" appear so extraordinary when comparison is

made with raw suet, which so quickly becomes sour and rancid, that there are still some housewives who believe we add preservative to the rice flour to make the suet keep. We wish to impress it upon all mothers and housewives that we don't do anything of the kind. "ATORA" keeps fresh and sweet for the reasons set out above. It is all pure beef suet of the finest quality without adulterant, colouring matter, or preservative of any kind.

Every mother and housewife should use "ATORA"—it is an invaluable aid to convenience in the kitchen. The regular use of good beef suet, moreover, ensures the sturdy growth of children and is also helpful for adults. There is no food more satisfying and nourishing for children than a good suet pudding with treacle or golden syrup. And there are many more ways in which "ATORA" may be used with advantage. It makes light and dainty suet dumplings, which cook much quicker than when made with raw suet, requiring only about 15 minutes in with the stew or gravy. "ATORA" greatly enriches milk puddings, porridge and prepared oats, and should be added according to the directions in this book. A special section also deals with Stuffing and Forcemeat, and with the handy convenience of "ATORA" many simple dishes can be improved in this way beyond recognition, with very little extra time or trouble. Last but not least, "ATORA" taken in hot milk possesses wonderful soothing and healing properties in cases of coughs or colds, and is invaluable in this form for children or adults susceptible to catarrhal or chest complaints.

Fry fish, pancakes, potatoes, chipped or whole, fritters, etc., etc., in block "ATORA" Suet, and you will fry them with a success you have never yet experienced, because "ATORA" fries everything to a golden brown crispness, retaining all the natural juices of the food. Add a little block "ATORA" to a joint of meat and maintain your stock of good beef dripping.

"ATORA" is not only convenient to use, it is convenient to buy. Every grocer stocks it in 2d. packets, $\frac{1}{2}$ -lb., $\frac{1}{4}$ -lb., and 1-lb. cartons.

HUGON AND COMPANY, LTD.
The Originators of refined Beef Suet,
MANCHESTER.

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SUCCESS IN USING "TESTED RECIPES"



1. Be most careful to measure and weigh accurately each ingredient.
2. Never guess.
3. Mix carefully and thoroughly according to directions given.
4. Careful cooking, either steaming or baking.
5. Have water boiling, and oven the right heat. When Baking Powder is used the pudding should be put into the saucepan or oven without delay after the liquid has been added.



A SPLENDID HOME REMEDY.

A teaspoonful of ATORA taken in a glass of hot milk at bed-time is very soothing and beneficial in the case of a cough or sore throat. With a packet of ATORA in the house you will always have a sure and inexpensive remedy at hand.

In the same way ATORA is definitely beneficial in all cases of Catarrh, Chest or Bronchial troubles, and should be taken regularly in hot milk as indicated.

Suet Dumplings



The dumpling is a cheap, wholesome and nourishing food, and is a very simple method of using Beef Suet. Although simple, it is a perfectly balanced food, the starchy elements of the flour blending with the fat and converting it into bodily fuel, to create warmth and energy. Suet puddings and dumplings were made in the olden days because they were good to eat. Nowadays scientists have discovered by test what our grandparents knew by instinct, that the correct blending of Beef Suet with the ingredients commonly used in puddings and dumplings, is one of the best ways of deriving nourishment.

With ATORA Shredded Suet a number of dumplings can be prepared and cooked in a few minutes along with other food, without using extra fuel or heat. They are light and digestible, and are delicious with soups, stews, gravies, stewed rabbit, steak and kidney, boiled beef, etc., and as a sweet with syrup, jam, etc. Children are always fond of them, but most people, young or old, appreciate them, especially in cold weather.

A plentiful supply of good Beef Suet is an absolute essential for children; there is nothing to approach it for building up powers of resistance to colds and infections. Give them ATORA Beef Suet every day, if not always in puddings, then in the handy dumplings which take no time to make.

SUET DUMPLINGS

4-oz. Flour. 2-oz. Shredded ATORA.
 $\frac{1}{2}$ teaspoonful Baking Powder. Pinch of Salt.

Mix the ingredients and make into dough with sufficient moisture. Divide into small balls and roll well in flour.

Put the dumplings into the soup, stew, etc., when it is at simmering point, about 15 minutes before it has finished cooking.

IMPORTANT.—The dumplings cook quickly and should not be put in too soon. See that the stew, etc., does not go off the boil when the dumplings are put in.

Delicious with soup, stews, boiled beef, steak and kidney, rabbit, etc.

DOUGHBOYS

Ingredients as for "Suet Dumplings" above.

Mix the ingredients and make into a stiff dough; not too much water. Divide into small balls and boil in boiling salted water for about 15 minutes.

These dumplings can be served with boiled or roast meat, or with sweet sauce or syrup, milk and sugar, jam, etc. If desired they may serve both purposes at one meal.

ONION DUMPLINGS

(Delicious with Soup or Stewed Rabbit).

4-oz. Shredded ATORA. 4-oz. finely chopped Onions. 8-oz. Flour. Salt and Pepper.

Mix with milk or water. Boil for 30 minutes with the rabbit.

CURRENT DUMPLINGS

4-oz. Flour. 2-oz. Shredded ATORA.
2-oz. Dried Currants (picked from stalks).
 $\frac{1}{2}$ teaspoonful Baking Powder. Pinch of
Salt.

Mix with water to make a stiff paste. Divide into pieces the size of an egg and drop them as they are (without cloths) into fast boiling water. Boil quickly for about 20 minutes moving them about at first to prevent them sticking to the bottom. Sift sugar over, and if desired serve with lemon juice.

NOTE.—The quantities of the ingredients in the Dumpling Recipes can be varied according to the number of dumplings required, keeping to the proportion of twice as much flour as suet.

APPLE DUMPLINGS

$\frac{1}{2}$ -lb. of Flour. $\frac{3}{4}$ teaspoonful of Baking Powder. Cold water to make a stiff dough. A little Sugar, 3 or 4-oz. Shredded ATORA. $\frac{1}{2}$ teaspoonful of Salt. 4 medium sized Apples. 4 Cloves.

Peel but do not divide the apples, remove the core. Make a suet crust of above ingredients, same as for suet dumpling. Cut into four pieces; roll each piece into a round large enough to cover the apples, place an apple upon each, fill up the core hole with sugar and one clove; moisten the edges of the pastry and fasten together securely over the top of the apple. Wring four small pudding cloths out of boiling water, flour each well; tie round the dumplings, and boil about three-quarters of an hour.

APPLE DUMPLINGS—contd.

NOTE.—To remove the core, if without a corer, push a fork (two or three pronged) half-way in the apples at the top, work it round gently, and you will remove half the core. Turn round, push the fork in the opposite end, repeat until the core is removed.

BAKED APPLE DUMPLING

Prepare as for Boiled Apple Dumpling above, but instead of using cloths, place the dumplings into a greased tin and bake in a moderate oven for about 30 minutes. If oven is too fierce the crust will be done before the apples are tender.

BAKED DUMPLINGS

(Very simple and most delicious).

4-oz. Flour. 2-oz. Shredded ATORA.
1½ teaspoonfuls Sugar. 1 egg (optional).
½ teaspoonful Baking Powder. Little Milk
to mix.

Divide into small dumplings and place in a baking tin containing a little fat. Bake for about 8 minutes in a moderate oven. The mixture should be made stiff enough to enable the dumplings to retain their shape in the baking tin. Serve hot with warm syrup, or jam dissolved in a little hot water.

PUDDINGS



STEAMED PUDDINGS

- (1) GENERAL DIRECTIONS. Always steam your puddings, they will be far lighter, more digestible, and retain the flavour of the ingredients.
- (2) It is preferable to use a proper steamer, but if you don't use one, simply cook the pudding in a basin, placing the basin in a saucepan with enough BOILING water to come half-way up the basin, and keep the lid on the saucepan.
- (3) The basin should be filled only two-thirds full, so as to leave room for the pudding to rise, and greased paper should be tied over the basin to prevent the water from getting in.
- (4) Let the water boil steadily all the time, but not too quickly, or the water may boil into the pudding. On the other hand, should the water go off the boil, the pudding becomes sodden and heavy.
- (5) Steamed puddings do not require to have so much liquid in them as baked. When baked, the dry air of the oven dries them. The most common causes of failure when making a steamed pudding are too much liquid, or letting the water boil into the pudding.

When eggs are too expensive to be used, it will be found that many of the steamed puddings can be made without. Of course, they will not be as rich or nourishing as when eggs are added.

ALMOND PUDDING

$\frac{1}{4}$ -lb. Breadcrumbs. $\frac{1}{4}$ -lb. Flour. $\frac{1}{2}$ -lb. Sugar.
2-oz. Candied Peel. $\frac{1}{4}$ -lb. Shredded ATORA.
 $\frac{1}{4}$ -lb. Sweet and 3 Bitter Almonds. Small
teaspoonful Baking Powder. 1 Egg
(optional). 3 tablespoonfuls Milk.

Blanch and chop almonds, mix all dry ingredients together. Beat up egg and milk into mixture. Pour into greased basin, on which strips of candied peel have been put, cover with greased paper, and steam for 3 hours.

Serve with or without cornflour sauce, to which a few drops of essence of almonds may be added.

Sufficient for 4 to 6 persons.



APPLE PUDDING

Peel, core, and slice 2-lb. apples. Make crust, following directions for "Suet Crust for Puddings," and roll out fairly thin. Line greased basin with crust, fill in with the fruit sprinkled over with two or three oz. moist sugar according to tartness of fruit. Add half a dozen cloves or juice of half a lemon. Cover over with the paste, joining it to the edges of the lining. Cover with greased paper and steam for 2 hours.

Sufficient for 6 to 8 persons.

ATORA PUDDING.

(Very light and good for children).

$\frac{1}{4}$ -lb. Flour. 2-oz. Sugar. Pinch of Salt.
1 teaspoonful of Baking Powder. 2 table-
spoonfuls Milk. 3 tablespoonfuls of Jam or
Marmalade, or Golden Syrup. 2-oz. Shred-
ded ATORA.

Mix dry ingredients together with milk, put
jam at bottom of greased basin, put in the
mixture (which must be stiff) and steam for
 $1\frac{1}{2}$ hours.

The plain mixture if served with chocolate
sauce makes a nice variation.

Sufficient for 4 persons.

AUNT ALICE'S PUDDING

Make crust, following directions given in
recipe "Suet Crust for Puddings," roll out
thin, and sprinkle with the following
mixture :—

6-oz. of Apples when peeled. $1\frac{1}{2}$ -oz. Shredded
ATORA. 3-oz. Currants. 3-oz. Raw Sugar.
A little Grated Nutmeg or Allspice.

Fold over into a roly-poly, tie in a damped,
well-floured cloth, and steam for 2 hours.

Sufficient for 4 to 6 persons.

BREAD PUDDING

$\frac{1}{2}$ -lb. Stale Bread. 2-oz. Shredded ATORA.
3-oz. Currants. 2-oz. Sugar. A little
Nutmeg, or Ginger or Allspice to flavour.
1 Egg and a little Milk to moisten.

Soak bread in cold water, then strain and
squeeze out the water, beat up well with a
fork, add ATORA, currants and sugar. Beat
up egg and flavouring and stir in with a little

BREAD PUDDING—Contd.

milk if necessary, but do not make very wet. Pour into a greased basin, cover with greased paper, steam for 2 hours. This makes an economical pudding for children.

Sufficient for 4 to 6 persons.

BROWN BREAD PUDDING

6-oz. Stale Breadcrumbs. 4-oz. Sugar. 2-oz. Self-raising Flour. 6-oz. Sultanas. 4-oz. Shredded ATORA. Little Grated Ginger.

1 Egg and 2 or 3 tablespoonfuls Milk.

Crumble the bread, mix dry ingredients together, add egg and milk. Pour into greased basin, cover with a greased paper and steam for 3 hours. Serve with a custard sauce. A good pudding for children.

Sufficient for 6 to 8 persons.

BREADCRUMBS

A simple way of making breadcrumbs is to cut the bread in a thick slice and rub through a colander; this is a quicker way than using a grater.

BLACK AND WHITE PUDDING

1 teacupful Shredded ATORA. 1 teacupful Flour. 1 teacupful Black Currant Jam. Pinch of Salt. 1 teacupful Breadcrumbs. $\frac{3}{4}$ teacupful Milk. $\frac{1}{2}$ teaspoonful Carbonate of Soda.

Mix the ATORA, flour, bread, salt, and soda with a fork. Beat the jam and milk together, then mix all thoroughly. Grease basin, pour the mixture in, leaving a third of the space for rising. Cover with greased paper twisted round. Steam for 3 hours. Serve with corn-flour or arrowroot sauce.

Sufficient for 4 to 6 persons.

CARATORA PUDDING

$\frac{1}{4}$ -pint Milk. $\frac{1}{4}$ -lb. Stale Sponge Cake.
2-oz. Shredded ATORA. 2-oz. Sugar. 2
Eggs. Almonds and Raisins. 2 tablespoon-
fuls Rum, or Sherry, or any flavouring to
taste. Caramel Sauce as below.

Cut the cake into dice. Beat the eggs, sugar, milk, and flavouring, add them to the cake and ATORA. Leave for an hour. Grease a mould or basin, coat it with stoned and halved raisins, blanched almonds cut in strips here and there between. Fill up with the cake mixture, cover with greased paper and steam for 2 hours.

FOR SAUCE.—Put into a saucepan 2-oz. castor sugar, 1 tablespoonful of lemon juice, and the same of water, stir over gentle heat until a nice brown, add more water (making nearly a $\frac{1}{4}$ -pint in all), boil up, and pour round the pudding.

CHOCOLATE PUDDING

6-oz. Flour. 2-oz. Sugar. 1-oz. Cocoa.
Pinch of Salt. Large teaspoonful of Baking
Powder. 3-oz. Shredded ATORA. $\frac{1}{2}$ -pint.
Milk.

Mix cocoa, salt, sugar and baking powder well with the flour, add Suet; then stir in milk gradually. Pour into greased basin, cover with greased paper, and steam for $2\frac{1}{2}$ hours. Serve with custard sauce.

Sufficient for 6 to 8 persons.

CHRISTMAS PUDDING

(Sufficient for 4 Puddings).

1-lb. Shredded ATORA. 2-lb. Raisins. 1-lb.
Currants. 1-lb. Sultanas. $\frac{1}{2}$ -lb. Candied

CHRISTMAS PUDDING—Contd.

Peel. $\frac{3}{4}$ -lb. Sugar. 2 teaspoonfuls Baking Powder. $\frac{3}{4}$ -lb. Flour. 2-oz. Sweet Almonds. Rind and Juice of 1 Lemon. 6 Eggs. 1-lb. Breadcrumbs. $\frac{1}{2}$ Nutmeg. 1 eggspoonful Salt. Milk, sufficient to make right consistency. $\frac{1}{4}$ -pint Rum.

Clean currants, stone raisins, put all the dry ingredients into a basin, blanch and chop almonds, add eggs, well beaten, grated rind of lemon, and the juice strained. Mix all thoroughly, put into greased pudding basins, cover with greased paper and steam 6 hours. (See general directions on page 11—Steamed Puddings Section.)

COCOA-NUT PUDDING

6-oz. Breadcrumbs. 3-oz. Shredded ATORA. 3-oz. Sugar. 2 tablespoonfuls Desiccated Cocoa-nut. 1 Egg. $\frac{1}{2}$ -pint Milk.

Boil milk and pour over the cocoa-nut, leave it to soak for about 1 hour. Mix dry ingredients together. Beat up egg and add to cocoa-nut and milk, stir into dry ingredients and beat well. Pour into greased basin, cover with greased paper, steam for 3 hours.

For 4 to 6 persons.

DATE PUDDING

6-oz. Flour. 6-oz. Dates, full weight after stoning. 2-oz. Sugar. 3-oz. Shredded ATORA. Small quantity of grated Nutmeg or Mixed Spice. $\frac{1}{2}$ -pint Milk. $\frac{1}{2}$ teaspoonful of Carbonate of Soda. Pinch of Salt.

Mix the flour with spice, salt, and sugar. Stone dates and cut in half, then mix with

the flour, etc., add the ATORA. Then boil the milk and stir in the soda off the fire, pour it into the dry ingredients, and beat well together. Steam in a greased basin for $3\frac{1}{2}$ hours. Sauce is optional.

NOTE.—Reserve a little of the flour (at first) to sprinkle over the dates before adding them to the rest, as they “cake” somewhat if carelessly added.

Sufficient for 4 to 6 persons.

FEATHER PEARL PUDDING

6-oz. Self-raising Flour. 2-oz. Shredded ATORA. 1-oz. Pearl Sago. 1 Orange. Pinch of Salt. 1 Egg.

Mix the flour, salt, and ATORA with a fork. Wash and soak the sago all night in a pint of cold water; pour off the water that is not absorbed; add the sago and egg to the flour, etc., then mix the whole with the juice of the orange, add water, if required, to make up the quantity to $\frac{1}{4}$ -pint. Steam in greased basin for 3 hours.

For Sauce.—Grate the rind of the orange into half a pound of treacle, heat it and pour over the pudding. As the latter contains no sugar, a sweet sauce is a necessity.

Sufficient for 4 to 6 persons.

FIG PUDDING

4-oz. Shredded ATORA. 4-oz. Flour. 4-oz. Breadcrumbs. 4-oz. Brown Sugar. $\frac{3}{4}$ -lb. Figs. 1 large Apple. 1 teaspoonful Baking Powder. $\frac{1}{4}$ -pint of Milk.

Chop figs and apple fine, mix flour and baking powder well, add all dry ingredients with milk to moisten. Pour into greased basin and steam for $2\frac{1}{2}$ hours.

Sufficient for 8 to 10 persons.

A 25 MINUTES' FRESH FRUIT PUDDING

(A special quick recipe for home cooking, and very useful for camp and picnic cooking.)

5-oz. Self-Raising Flour. 2½-oz. ATORA
Shredded Suet. Pinch of Salt.

Mix lightly with knife with a little milk or water. Place fresh fruit, sugar and water (or bottled fruit and sugar) directly into an aluminium pan (do not use basin) and bring to the boil. Then flatten out the paste with the hand to fit the size of the pan and place gently on top of the fruit inside the pan. Cover the pan with a lid and keep simmering for twenty minutes. Do not remove from the pan until the moment for serving.

FRESH FRUIT PUDDING

Make crust, following directions for "Suet Crust for Puddings," roll out thin, line greased basin, leaving enough to cover over the top of basin after fruit has been put in. Fill the basin with any fresh fruit in season, sprinkling with sugar according to size of pudding. Cover with crust, pinching the edges well together. Plums, damsons, or any hard fruit should be washed in cold water.

GINGER BREAD PUDDING

4-oz. Flour. 4-oz. Fine Oatmeal. Pinch of Salt. 4-oz. Shredded ATORA. 1 teaspoonful Baking Powder. 1 teaspoonful Ground Ginger. Teacupful Golden Syrup. 2 teaspoonfuls Carbonate of Soda. ¼-pint Milk.

Mix flour, oatmeal, ginger, baking powder, soda, salt, and Suet. Warm syrup and beat

up in the milk ; stir this into dry ingredients and beat up well. Pour into greased basin, steam for three hours. Serve with syrup sauce.

Sufficient for 6 to 8 persons.

GINGER PUDDING

$\frac{1}{2}$ -lb. Flour. $\frac{1}{4}$ -lb. Shredded ATORA.
 $\frac{1}{4}$ -pint Golden Syrup. $\frac{1}{4}$ -pint Milk. 2
teaspoonfuls Ginger. Pinch of Salt. $\frac{1}{2}$ tea-
spoonful Carbonate of Soda. 1 Egg
(optional).

Mix all the dry ingredients in a bowl (including the carbonate of soda). Beat up the egg, add milk and syrup to it and stir the liquid into the dry ingredients. Steam for 2 hours. Serve with hot syrup or sauce.

Sufficient for 6 to 8 persons.

GOLDEN PUDDING

6-oz. Flour. Large teaspoonful Baking
Powder. Pinch of Salt. 4-oz. Stoned
Raisins. 4-oz. Shredded ATORA. 4-oz.
Golden Syrup. $2\frac{1}{2}$ to 3 tablespoonfuls
Milk.

Mix flour, salt, baking powder, ATORA, and raisins together. Then stir in syrup which has been warmed until liquid, lastly stir in the milk. Pour into a greased basin, steam for 3 hours.

NOTE.—Very light and economical, no egg required.

Sufficient for 4 to 6 persons.

GROUND RICE PUDDING (with Figs)

2-oz. Flour. 2-oz. Ground Rice. 2-oz.
Shredded ATORA. 2-oz. Sugar. Pinch
of Salt. 3-oz. Chopped Figs. Teaspoonful

GROUND RICE PUDDING—Contd.

Baking Powder. 1 Egg. $\frac{1}{2}$ -gill Milk.
Mix dry ingredients together, then add egg beaten up in milk, stir thoroughly, pour into greased basin. Steam for 3 hours. (Stoned raisins, or sultanas could be used instead of figs.)

Sufficient for 4 to 6 persons.

LIGHT PUDDING

6-oz. Flour. $\frac{1}{2}$ teaspoonful Carbonate of Soda. 3-oz. Shredded ATORA. 4-oz. Golden Syrup (warmed). $1\frac{1}{2}$ tablespoonfuls Milk.

Mix flour and suet together, stir in the syrup. Dissolve the soda in warmed milk and add to the mixture, which must not be very liquid. Put into greased basin, steam for 3 hours.

Sufficient for 4 to 6 persons.

LLANBERIS PUDDING

$\frac{1}{4}$ -lb. Flour. 2-oz. Sugar. 3-oz. Shredded ATORA. 2 tablespoonfuls strawberry Jam. 1 Egg. Teaspoonful Carbonate of Soda. Dessertspoonful Milk.

Mix dry ingredients together, add jam, beat up egg and stir in. Dissolve the carbonate of soda in the milk and add last. Only fill the basin a little over half. Steam for $2\frac{1}{2}$ hours. A very light pudding.

Sufficient for 4 to 6 persons.

LEMON PUDDING

$\frac{1}{4}$ -lb. Flour. $\frac{1}{4}$ -lb. Breadcrumbs. 2-oz. Sugar. $\frac{1}{4}$ -lb. Shredded ATORA. Pinch of Salt. Rind of 3 Lemons. 1 Egg. 1 tablespoonful Milk. Teaspoonful Baking Powder.

Mix all the dry ingredients, then add egg well beaten with the milk. To prepare the lemons—cut off the yellow rind as thinly as possible and mince finely. Steam for 2 hours. Serve with lemon sauce.

SAUCE.—Juice of 3 lemons, $\frac{1}{4}$ -pint water, $\frac{1}{4}$ -lb. lump sugar, 1 teaspoonful arrowroot. Boil sugar and water together 10 minutes, moisten arrowroot with a little cold water, pour over sugar, add the lemon juice, boil for 5 minutes and serve.

Sufficient for 6 to 8 persons.

MARMALADE PUDDING

3-oz. Breadcrumbs. 3-oz. Flour. 3-oz. Brown Sugar. 3-oz. Shredded ATORA. 4-oz. Marmalade. Pinch of Salt. $\frac{1}{2}$ teaspoonful Carbonate of Soda. 2 teaspoonfuls Water. 1 Egg.

Mix dry ingredients together. Beat up egg in the marmalade. Dissolve soda in the water and add last. Grease pudding basin and then sprinkle with brown sugar, pour in the mixture. Steam for $2\frac{1}{2}$ hours. Serve with marmalade sauce.

Sufficient for 4 to 6 persons.

ORANGE PUDDING

3-oz. Breadcrumbs. 3-oz. Self-raising Flour. 4-oz. Shredded ATORA. 3-oz. Sugar. 1-oz. Candied Orange Peel. Grated rind and juice of 2 oranges. 1 Egg.

Grease basin, decorate with strips of candied peel, thinly sliced. Mix ingredients together. Beat up egg, add orange juice and mix thoroughly. Steam for 3 hours.

Sufficient for 4 to 6 persons.

POMONA PUDDING

3-oz. Breadcrumbs. 3-oz. Flour. 3-oz. Sugar. 3-oz. Shredded ATORA. $\frac{1}{2}$ teaspoonful Baking Powder. 2-oz. Sultanas. 2-oz. Dried Apricots (soaked overnight in cold water). 1 Egg. Not quite $\frac{1}{4}$ -pint Milk.

Strain water off apricots, cut them in four and soak in the milk, slightly warmed, and place the vessel where it will keep just warm. Blend all the dry ingredients, then add the fruit and the egg well beaten. Mix up thoroughly. Grease basin, three-parts fill it, and steam for 3 hours.

Sufficient for 6 to 8 persons.

POUND PUDDING

$\frac{1}{4}$ -lb. Flour. $\frac{1}{4}$ -lb. Breadcrumbs. $\frac{1}{2}$ -lb. Raisins. $\frac{1}{2}$ -lb. Currants. $\frac{1}{2}$ -lb. Shredded ATORA. 1-oz. Candied Peel. $\frac{1}{2}$ -oz. Ground Almonds. 1 egg. One-third pint of Milk. Teaspoonful Baking Powder.

Mix together all the dry ingredients, add egg well beaten in milk. Pour into greased basin, cover with greased paper, and steam for $3\frac{1}{2}$ hours. Serve with custard sauce.

Sufficient for 8 to 10 persons.

RAISIN PUDDING

4-oz. Flour. 4-oz. Breadcrumbs. 4-oz. Shredded ATORA. 2-oz. Sugar. $\frac{3}{4}$ -lb. Stoned Raisins. Small teaspoonful Carbonate of Soda. Pinch of Salt. 1 Egg and Milk to moisten.

Cut raisins in half, mix ingredients together, stir in egg beaten up with enough milk to moisten (egg optional). Pour into greased

basin, cover with greased paper, and steam for 3 hours.

Sufficient for 6 to 8 persons.

ROLY-POLY PUDDING

6-oz. Flour. 3-oz. Shredded ATORA.
Flat teaspoonful of Baking Powder. Pinch of Salt.

Mix the flour, baking powder, salt and Suet with cold water to a stiff paste. Roll out thin, and spread over with jam, marmalade, or golden syrup. Roll over, pinch top and bottom edges together. Dip pudding cloth in boiling water, flour it, and wrap round pudding, tie ends with string. Steam for 2 hours.

Sufficient for 4 to 6 persons.

ROCHDALE PUDDING

4½-oz. Bread. 1½-oz. Shredded ATORA.
3-oz. Sultanas. 2-oz. Sugar. 1 Egg. ½-pint Milk. A few drops of Essence of Almonds or Vanilla.

Grease pie-dish, cut thin slices of bread, place these in dish, and between each slice sprinkle sultanas and ATORA. Beat egg with milk and flavouring, and pour over. Bake in slow oven until brown, about $\frac{3}{4}$ hour. It is advisable to let the pudding soak before placing in oven, so that a little more milk may be added if necessary.

Sufficient for 6 persons.

SAGO FRUIT PUDDING

4-oz. Small Sago. ½-pint Water. 6-oz. Breadcrumbs. 6-oz. Currants, Raisins,

SAGO FRUIT PUDDING—Contd.

Figs, or Dates. 2-oz. Shredded ATORA.
2-oz. Brown Sugar. $\frac{1}{4}$ -pint Milk. $\frac{1}{2}$ tea-
spoonful Bicarbonate of Soda.

Soak sago overnight in the water. If using large fruit, cut it up. Break up the sago with a fork and mix with the other ingredients, add milk to make a fairly stiff mixture, put into a buttered basin and steam for $3\frac{1}{2}$ hours. Turn out and serve with or without sauce.

NOTE.—An extremely light and nice pudding.
Sufficient for 6 to 8 persons.

SPICE PUDDING

6-oz. Flour. 3-oz. Shredded ATORA.
6-oz. Golden Syrup. 1-oz. Brown Sugar.
2-oz. thinly-sliced Candied Peel. 1 tea-
spoonful each of Ground Ginger, Cinnamon
and Allspice. 1 teaspoonful Bicarbonate of
Soda. Milk.

Warm syrup, then mix in dry ingredients. Moisten to a stiff mixture with milk (about a tablespoonful), stir well and pour into greased basin. Steam for 3 hours.

Sufficient for 6 to 8 persons.

SPANISH PUDDING

6-oz. Ground Rice. $\frac{1}{4}$ -lb. Shredded ATORA.
 $\frac{1}{4}$ -lb. Sugar. Teaspoonful Baking Powder.
1 Egg. 2 tablespoonfuls of Milk. Pinch of
Salt. 6-oz. Dried Apricots.

Put apricots to soak in water overnight, drain off water next day and cut up. Mix rice, salt, baking powder, and ATORA, then add the

apricots. Beat up egg with sugar and add milk. Put in greased basin, cover with greased paper, steam for 3 hours.

Sufficient for 6 to 8 persons.

SUET PUDDING

$\frac{1}{2}$ -lb. Flour. 3-oz. Shredded ATORA. Large teaspoonful Baking Powder. Pinch of Salt.

Mix flour, baking powder and salt, then add Suet. Moisten with water to a fairly stiff paste. Steam for 2 hours.

Sufficient for 4 to 6 persons.

SUET CRUST FOR PUDDINGS

6-oz. Flour. 3-oz. Shredded ATORA. Pinch of Salt. Level teaspoonful of Baking Powder.

Mix the flour, baking powder, and salt well together, add the Shredded ATORA and mix—do NOT rub in. Add water to mix to a FIRM paste (it should leave the bowl perfectly clean), roll out to thickness required, $\frac{1}{4}$ -inch is usually liked. (See recipe for "Fresh Fruit Puddings.")

Sufficient for a fruit pudding for 4 to 6 persons.

SYRUP SPONGE PUDDING

6-oz. Breadcrumbs. 3-oz. Shredded ATORA. Breakfast cup of Golden Syrup. Grated rind and juice of 1 Lemon. 1 Egg.

Mix breadcrumbs with the ATORA and lemon peel, grated, then stir in warmed syrup and

SYRUP SPONGE PUDDING—Contd.

lemon juice, lastly the egg, well beaten. Turn into a greased basin, cover with greased paper and steam for 3 hours.

Sufficient for 4 to 6 persons.

TREACLE PUDDING

8-oz. Flour. 4-oz. Shredded ATORA. Teaspoonful Baking Powder. Pinch of Salt. $\frac{1}{2}$ -lb. Treacle or, preferably, Golden Syrup.

Mix the dry ingredients together with cold water into a stiff paste, roll out into a thin round, spread with syrup and roll up as for a roly-poly pudding. Then twist it into a round and place in greased basin, into which has been put a layer of syrup. Cover with greased paper and steam for 3 hours.

N.B.—Jam may be used instead of treacle, and the pudding baked for $1\frac{1}{2}$ hours.

Sufficient for 8 persons.

Baked Puddings and Pies

See that the oven is the right heat for the pudding chosen. If egg is added in the form of custard, the oven must not be very hot or the custard will curdle and be watery.

APPLE CHARLOTTE

2-lb. Apples. 4-oz. Shredded ATORA.
8-oz. Breadcrumbs. 6-oz. Sugar. Juice of
1 Lemon.

First stew the apples with the sugar and lemon juice. Grease pie-dish with Block ATORA, and fill with alternate layers of breadcrumbs and apples, sprinkling the Shredded Suet over the breadcrumbs. Bake in a slow oven (for about 1 hour) until a rich brown. Turn out of pie-dish before serving. Very light and digestible.

Sufficient for 6 to 8 persons.

APPLE SPONGE

$\frac{1}{4}$ -lb. Bread. $\frac{3}{4}$ -lb. Apples (peeled). 2-oz.
Sugar. $1\frac{1}{2}$ -oz. Shredded ATORA. 1 Egg.
Pint of Milk.

Grease pie-dish, fill with slices of bread, cut thin, and between each layer put the apples, thinly sliced, and sprinkling of Shredded ATORA. Beat up egg, sugar, and milk, then pour over. Bake in slow oven for about $1\frac{1}{2}$ hours.

Sufficient for 4 to 6 persons.

APPLE TURNOVER

Make crust, following the directions for "Short Crust," and roll out square. Fill half the surface with 1-lb. apples, peeled, cored, and thinly sliced, sprinkle over with 2-oz. sugar and a few cloves. Fold over the other half of the crust, pinching the edges

APPLE TURNOVER—Contd.

firmly together. Bake for half hour on a greased tin. Before bringing to table sprinkle with fine sugar. Serve hot.

Sufficient for 6 persons.

APRICOT DELIGHT (Rich)

$\frac{1}{2}$ -lb. Breadcrumbs. $\frac{1}{4}$ -lb. Sugar. $\frac{1}{4}$ -lb.
Shredded ATORA. $\frac{1}{2}$ -lb. Apricot Jam.
1-oz. Ground and 3 Bitter Almonds. 2
Eggs. 1 tablespoonful Lemon Juice.

Beat the eggs well, stir in the sugar, jam, lemon juice and almonds, blanched (the bitter ones chopped small). Grease a tin with Block ATORA, coat it well with the breadcrumbs and the jam mixture alternately, the ATORA being dredged over the crumbs. Bake in a very moderate oven from an hour upwards, until firm and delicately coloured. Turn out and serve with or without custard sauce.

NOTE.—If the jam is very stiff, warm it a little, or a little water may be added.

Sufficient for 6 persons.

BACHELOR'S PUDDING

3-oz. Flour. 3-oz. Breadcrumbs. 3-oz.
Shredded ATORA. 3-oz. Sugar. 4-oz.
Stoned Raisins. $1\frac{1}{2}$ teaspoonfuls Baking
Powder. Pinch of Salt. 1 Egg. $\frac{1}{4}$ -pint.
Milk.

Mix dry ingredients together, add egg, well beaten, and milk. Beat up mixture well, bake in greased pie-dish in a moderate oven for about 1 hour. Turn out of dish before serving.

Sufficient for 4 persons.

BAKED JAM ROLL.

$\frac{1}{2}$ -lb. Flour. $\frac{1}{4}$ -lb. Shredded ATORA. Teaspoonful Baking Powder. Pinch of Salt.

Mix the baking powder and salt with the flour, then rub in the ATORA. (In cold weather the Suet should be slightly warmed before using, but **not** melted.) Add enough water to make a stiff paste, roll out thin, and spread over with jam or marmalade. Roll over (sealing up ends by turning them in), damp edges and pinch together. Bake for threequarters of an hour in a greased tin. Serve hot. Sufficient for six persons.

BATTER PUDDING

1 Egg. $\frac{1}{2}$ -pint Milk. 4-oz. Flour. 1-oz. Shredded ATORA. Pinch of Salt.

Beat the egg, add a little of the milk, then the dry ingredients, and mix to a smooth paste, beat well, add the rest of the milk, and when convenient let it remain an hour or more before baking. Put $\frac{1}{2}$ -oz. Block ATORA in a shallow tin and make very hot before putting in the batter. Bake for $\frac{1}{2}$ hour. Serve with lemon and sugar, or, instead, thinly sliced apple or banana can be cooked in the batter, which makes a nice change.

Sufficient for 4 persons.

BIRTHDAY PUDDING

4-oz. Breadcrumbs. 2-oz. Ground Rice, 3-oz. Sugar. 4-oz. Shredded ATORA. 2-oz. Candied Peel. 3 tablespoonfuls Raspberry Jam. 2 Eggs. $\frac{1}{4}$ -pint Milk. 1 teaspoonful Baking Powder.

Mix dry ingredients together, moisten with

BIRTHDAY PUDDING—contd.

eggs, well beaten in the milk, and beat up thoroughly. Pour into greased pie-dish, on which sliced candied peel has been placed. Bake for $1\frac{1}{4}$ hours in moderate oven.

Sufficient for 4 to 6 persons.

BLACKBERRY PUDDING

Half fill pie-dish with ripe blackberries, sprinkled with sugar. Put in a basin 8-oz. flour, 3-oz. Shredded ATORA, pinch of salt, teaspoonful baking powder. Stir in enough milk to make a fairly stiff batter, and then pour over the blackberries. Bake in a moderate oven until crisp and nicely browned.

BREAD PUDDING

$\frac{1}{2}$ -lb. Stale Bread. 3-oz. Currants, Sultanas or Stoned Raisins. 2-oz. Shredded ATORA. 2-oz. Brown Sugar. A little Grated Ginger, Nutmeg or Allspice to flavour. 1 Egg. $\frac{3}{4}$ -pint Milk.

Soak the bread in cold water, then strain in colander and squeeze out the water thoroughly. Beat up well with a fork, add ATORA, fruit and sugar, mix well, then add the egg and milk. Bake in a greased pie-dish for 1 hour in a moderate oven. Turn out of dish and serve hot.

This is an economical pudding suitable for children.

Sufficient for 4 to 6 persons.

CARATORA PUDDING

$\frac{1}{2}$ -pint Milk. $\frac{1}{4}$ -lb. Stale Sponge Cake.
2 Eggs. 2-oz. Shredded ATORA. Almonds
and Raisins. 2-oz. Sugar. Flavouring.
Caramel Sauce as below.

Cut the cake into dice. Beat the eggs, sugar, and milk, and a little grated nutmeg or mixed spice; add them to the cake and ATORA. Leave an hour. Grease a pie-dish, coat it with stoned and halved raisins, blanch almonds, cut in strips here and there between. Fill up with the cake mixture and bake in moderate oven for 1 hour.

FOR SAUCE.—Put into a copper saucepan 2-oz. castor sugar. 1 tablespoonful of lemon juice and the same of water, stir over gentle heat until a nice brown, add more water (making nearly $\frac{1}{4}$ -pint in all), boil up, and pour round the pudding.

Sufficient for 4 to 6 persons.

CHILDREN'S PUDDING

2-oz. Rice. 2-oz. Shredded ATORA.
2-oz. Breadcrumbs. 2-oz. Sugar. Pinch
of Salt and Nutmeg. 1 Egg. 1 quart
of Milk.

Boil rice in milk until quite soft (about one hour), add breadcrumbs, and ATORA; beat sugar, salt, nutmeg, and egg together, and beat up well with mixture. Pour into a greased pie-dish and bake in a moderate oven until browned (about 2 hours). Spread layer of jam or marmalade on top. Makes nourishing and digestible pudding.

Sufficient for 6 to 8 persons.

COCOA-NUT LAYER PUDDING

Stale Bread without Crust. $1\frac{1}{2}$ -pints of Milk. 2 Eggs. 3-oz. Sugar (or 1-oz. Currants and 2-oz. Sugar). 3-oz. Shredded ATORA. 3-oz. Desiccated Cocoa-nut. A few drops of Lemon or Vanilla Essence. Jam or Jelly.

Take a pie-dish which should hold 3 pints, grease with Block ATORA, then half fill it with thin slices of bread; the cocoa-nut, ATORA, and currants being sprinkled over each layer. Beat up eggs with the milk (tepid), sugar, and flavouring; pour it over the bread, etc., cover, and leave for an hour. Bake in a slow oven for $1\frac{1}{2}$ or 2 hours, according to the depth of the dish. During the first part of the baking, cover with a greased paper, then remove it for the pudding to brown nicely. Turn it out, and pour a little melted red currant or raspberry jam over, or red currant jelly is very nice. This is a delicious pudding, and may be served cold if any remains over.

Sufficient for 6 to 8 persons.

DORSET PUDDING

4-oz. Breadcrumbs. 3-oz. Shredded ATORA. 2-oz. Currants. 2-oz. Sugar. 4-oz. Apples peeled and finely chopped. Grated rind and juice of Sweet Orange. 1 Egg. $\frac{1}{4}$ -pint Milk. Pinch of Salt.

Mix dry ingredients together, moisten with egg beaten up with orange juice and milk. Pour into greased pie-dish and bake in a slow oven for about 1 hour.

Sufficient for 4 persons.

EMERGENCY PUDDING

7½-oz. Self-raising Flour. 3-oz. Shredded ATORA. 3-oz. Castor Sugar. 2 Eggs. Milk, or half Water. Grated Orange or Lemon Rind, or some flavouring essence if served with Sugar and Butter.

Grease a Yorkshire pudding tin with Block ATORA. Sift the flour, mix in sugar, Shredded ATORA, and a pinch of salt. Beat the eggs, add milk to make up a breakfastcupful. Mix all very thoroughly but do not beat. Leave room for raising, and bake at steady heat, very moderate, for about 40 minutes. It should be a nice brown, and resemble cake in consistency. Serve with sugar and butter, or spread warm jam or marmalade on the top after turning out the pudding.

Sufficient for 6 to 8 persons.

FRUIT PUDDING (Baked)

1-lb. Fresh Fruit. ¼-lb. Sugar. 3-oz. Shredded ATORA. 8-oz. Flour. Pinch of Salt. Teaspoonful of Baking Powder.

Half fill pie-dish with the fruit, sprinkled with the sugar. Mix in a basin the flour, salt, baking powder, and ATORA, add milk and beat up very thoroughly to a fairly stiff batter, and then pour it over the fruit. Bake in a moderate oven until crisp and nicely browned (about 40 to 50 minutes). This makes a nice pudding with any fruit, but especially with soft fruits, such as currants, raspberries, blackberries, etc.

Sufficient for 6 persons.

FRUIT PIES

Make crust, following recipe given for "Short Crust." Start pastry in a hot oven, and gradually cool to avoid the crust burning.

Fill the pie-dish with fruit as full as possible, as the fruit shrinks in cooking. To prevent the crust sinking put an old cup or pie-chimney in the centre of dish. Sprinkle with sugar; the quantity required depends on the fruit used. When using apples, plums, or any hard fruit, pour a little cold water over the fruit. Damp the rim of the pie-dish with water, and then line with a strip of pastry. Cover the fruit with crust, pinching it on to the edging, or pressing together with a fork. When making apple pie, put a few cloves with the fruit, or a little lemon juice, or lemon peel cut very thin. Before bringing pie to table, sprinkle over with fine white sugar.

NOTE.—Pies should be eaten while the crust is hot, as the pastry will be more digestible.

GRANNY'S PUDDING

8-oz. Stale Breadcrumbs. 2-oz. Shredded ATORA. $\frac{3}{4}$ -lb. Blackberries. $\frac{3}{4}$ -lb. Apples. 3-oz. Sugar. $\frac{1}{2}$ -pint Milk.

Pour milk over breadcrumbs, leave until soaked, then add ATORA, mix up well. Place layer of mixture in a well-greased pie-dish, then layer of stewed blackberries and apples, do this alternately until dish is filled, having a rather thick layer of mixture on top. Bake in moderate oven 50 or 60 minutes until nicely browned. Turn out of pie-dish before serving hot.

Sufficient for 6 to 8 persons.

GINGER PUDDING (Preserved)

$\frac{1}{2}$ -lb. Treacle. $\frac{1}{2}$ -lb. Flour. $\frac{1}{4}$ -lb. Bread-crumbs. 3-oz. Shredded ATORA. 3-oz. Preserved Ginger. 1-oz. Candied Peel. 1 teaspoonful Grated Ginger. 1 teaspoonful Baking Powder. 1 Egg. Milk to moisten.

Take some of the crumbs and thoroughly coat a deep baking dish that has been greased with Block ATORA (use a thicker layer at the bottom than at the sides). Then mix all the dry ingredients, cutting the ginger and the peel in small pieces, add the egg beaten in $\frac{1}{2}$ -pint milk, beat together well, bake in a moderate oven for about $1\frac{1}{2}$ hours, a few of the breadcrumbs and sprinkling of ATORA being reserved for the top. Brown nicely, and serve with sauce made from half-cup each of treacle and ginger syrup, and one or two tablespoonfuls of water, heated together. Or with a thin sauce flavoured with ginger syrup.

Sufficient for 8 persons.

MARMALADE PUDDING (Baked)

5-oz. Bread. 1-oz. Sugar. 1 pint Milk. $1\frac{1}{2}$ -oz. Shredded ATORA. 1 level table-spoonful Custard Powder. Marmalade.

Grease pie-dish, spread thin slices of bread (without crust) with marmalade. Make a thin custard as above, pour while hot between each slice of bread and marmalade, sprinkled over with Shredded ATORA, leaving a good supply to pour over the top layer. Bake for 40 minutes in slow oven. Turn out of dish before serving.

Sufficient for 4 to 6 persons.

ORANGE PUDDING

3-oz. Breadcrumbs. 3-oz. Self-raising Flour. 4-oz. Shredded ATORA. 3-oz. Sugar. 1-oz. Candied Orange Peel. Grated rind and juice of 2 Oranges. 1 Egg. About $\frac{1}{2}$ teacupful Milk.

Grease pie-dish, decorate with strips of candied peel, thinly sliced. Mix ingredients together. Beat up egg, add milk and orange juice, mix thoroughly. Bake in slow oven for about 1 hour.

Sufficient for 4 to 6 persons.

YORKSHIRE PUDDING

1 Egg. $\frac{1}{2}$ -pint Milk. 4-oz. Flour. 1-oz. Shredded ATORA. Pinch of Salt.

Directions as for "Batter Pudding," page 29.

RASPBERRY CHARLOTTE

4-oz. Breadcrumbs. $\frac{1}{2}$ -lb. Raspberries. 2-oz. Sugar. 2-oz. Shredded ATORA. 1 Egg. $\frac{1}{4}$ -pint Milk.

Grease pie-dish. Place alternate layers of breadcrumbs, ATORA, and fruit, having layer of breadcrumbs on the top. Pour over the egg, sugar, and milk beaten up together. Bake in a slow oven for 1 hour. Turn out of pie-dish and serve hot. (Custard sauce is an improvement.)

Equally nice if made with red currants, but then 3-oz. of sugar is necessary.

Sufficient for 4 persons.

TARTS

Make crust as recipes for "Short Crust for Tarts and Pies," roll out thin, and cover greased tin plate, or small patty tins with the crust. Spread over with jam, marmalade, lemon cheese, etc. Mince pies should have crust top and bottom.

Apple tart made with a layer of finely chopped apples, sprinkled over with sugar, covered over with crust, and served hot is delicious, and, when apples are dear, makes an economical sweet. All covered tarts should be sprinkled over with fine sugar before being brought to the table.

Tarts made with golden syrup should have a few breadcrumbs sprinkled over the syrup; this prevents the syrup running out and takes away the rather too-sweet flavour of the syrup.

When open tart is made on large plate, the edge of the crust should be pinched at intervals, or an ornamental edge made with spoon or fork. The pieces of paste cut off when shaping the tart must be rolled out and cut into long thin strips, and then used for decorating the tart, either diagonally or in squares.

Tarts made with ATORA are better and more digestible when eaten warm.

SHORT CRUST (FOR TARTS AND PIES) (No. I)

$\frac{1}{2}$ -lb. Flour. $\frac{1}{4}$ -lb. ATORA. Teaspoonful Baking Powder. Pinch of Salt.

Mix the flour, baking powder, and salt, melt the ATORA, and when really hot, pour into

the flour and stir well in. Add about half a small teacupful of water, mix to a firm paste and roll out before it gets cold. More or less water may be wanted according to the quality of the flour; if made too moist it loses its shortness and is spoiled. Flour the board and pin lightly and evenly. Give quickest heat at first in baking, then finish moderately. Time 30 to 40 minutes, according to the thickness of crust.

Sufficient for about 6 persons.

NOTE.—This recipe makes the crust shorter than recipe No. 2.

SHORT CRUST (For Tarts and Pies) (No. 2)

$\frac{1}{2}$ -lb. Flour. $\frac{1}{4}$ -lb. Shredded ATORA.
Teaspoonful Baking Powder. Pinch of Salt.

Mix the baking powder and salt with the flour, then rub in the ATORA. Add enough water to make a stiff paste and roll out. In cold weather the Suet should be slightly warmed before using, but NOT melted. (Bake fruit pies for about $\frac{3}{4}$ hour.)

Sufficient for 6 persons.

Sweet Sauces for Puddings

These sauces can be flavoured with either essence of almonds, lemon, or vanilla, etc. If preferred, brandy or sherry may be used.

ARROWROOT SAUCE

1-pint. Milk, or Water, or half Milk and half Water. Large tablespoonful of Arrow-root. 2 tablespoonfuls of fine Sugar.

Mix the arrowroot into a smooth paste with water, then stir in the remainder of the liquid and sugar, stir over the stove until it boils. Flavour to taste.

BRANDY SAUCE

$\frac{1}{2}$ -pint of Milk. 2 tablespoonfuls Cornflour. 1 tablespoonful fine White Sugar. Wine-glassful of Brandy.

Mix cornflour to a smooth paste with milk, add the remainder of the milk, pour into saucepan, add sugar, and stir until boiling. Pour in the brandy, and stir until the sauce thickens.

CHOCOLATE SAUCE

1-oz. Cocoa, or grated Chocolate. Table-spoonful Sugar. $\frac{1}{2}$ -pint Milk.

Mix cocoa or chocolate into a smooth paste with milk, add remainder of milk and sugar, pour into saucepan, stir until boiling. A few drops of essence of vanilla improves the flavour of this sauce.

CUSTARD SAUCE

1-pint Milk. 2 Eggs. 3-doz. fine White Sugar.

Bring milk to nearly boiling point, add sugar. Beat the eggs in a basin, and then pour hot milk on, stirring all the time. Pour into a jug, and put the jug into a saucepan three parts filled with boiling water, or in a lined porridge saucepan. Stir until the mixture thickens, but DO NOT LET IT BOIL, or it will curdle. Add flavouring.

NOTE.—An economical sauce can be made by simply using custard powder instead of eggs.

CORNFLOUR SAUCE

$\frac{1}{2}$ -pint Milk, or half Milk and half Water,
Level tablespoonful of Cornflour and
Sugar.

Mix the cornflour into a smooth paste, stir into heated milk, with the sugar. Boil a few minutes, stirring all the time. Flavour to taste.

JAM SAUCE

1 large tablespoonful of Apricot, Red Currant, Strawberry, or Raspberry Jam or Apple Jelly. 1 gill Water. Level tablespoonful fine White Sugar. Juice of half a Lemon.

Put water, jam, and sugar in saucepan, stir until at boiling point, then add lemon juice. If clear sauce is preferred, strain off the seeds. This sauce is very suitable for pouring over a plain pudding, such as suet pudding.

MARMALADE SAUCE

Make in same way as jam sauce, but leave out the lemon juice, and add a little more marmalade.

SWEET SAUCE

$\frac{1}{2}$ -pint Milk. Tablespoonful Flour. 2-oz. Sugar.

Mix flour with a little milk to a smooth paste, pour it into hot milk, and add the sugar. Stir until boiling. Flavour to taste. A small lump of butter melted in the sauce makes a great improvement.

SYRUP SAUCE

Cupful of Golden Syrup. Juice of 1 Lemon. Small lump of Butter.

Put in pan on stove until syrup is quite hot and liquid, boil 10 minutes. If wanted thick, add a little cornflour made into a smooth paste with a little water.

Milk Puddings

GENERAL DIRECTIONS.—These should be cooked in a slow oven—they will then taste much richer, and the milk will not boil over and be wasted. Do not fail to add a little salt.

NOTE.—Milk puddings are made delightfully creamy and nourishing by adding 1 tablespoonful of Shredded ATORA to each pint of milk. **SPECIALLY SUITED TO CHILDREN AND INVALIDS.**

When milk is scarce use half milk and half water, and 1 tablespoonful of ATORA to each pint. This will give the richness and nourishment which would otherwise be lacking.

RICE PUDDINGS

2-oz. Carolina Rice. 2-oz. Sugar. 1 pint Milk. Pinch of Salt. 1 tablespoonful Shredded ATORA.

Put all ingredients into pie dish, pour milk over and stir well. Grate some nutmeg over the top, bake in slow oven for 2 hours.

SEED TAPIOCA (Small Sago)

1½-oz. Tapioca. 2-oz. Sugar. 1 pint Milk. Pinch of Salt. 1 tablespoonful Shredded ATORA.

Put all ingredients into pie-dish, pour milk over, stir well. Grate some nutmeg over the top, bake in slow oven for 1 hour.

TAPIOCA (or Large Sago)

1½-oz. Tapioca. 2-oz. Sugar. 1 pint Milk.
Pinch of Salt. 1 tablespoonful Shredded
ATORA.

Soak the tapioca overnight in cold water.
Put into pie-dish with other ingredients, pour
milk over, stir well. Grate some nutmeg
over the top, bake in slow oven for 2 hours.

GROUND RICE

2-oz. Ground Rice. 2-oz. Sugar. 1 pint
Milk. Pinch of Salt. 1 tablespoonful
Shredded ATORA.

Follow directions for semolina pudding. A
nice change in flavouring can be got by
putting a stick of vanilla in the milk, which
should be taken out before pouring into
pie-dish.

Savouries

BEEF STEAK PIE

1½-lb. Stewing Steak. 3 Sheep's Kidneys
or ½-lb. Ox Kidney. ½-lb. Mushrooms.
Salt and Pepper. About ½-pint of Water
or Stock.

Make crust according to recipe for "Short
Crust." Cut the steak into pieces about
2 inches square, and the kidney into small
pieces. Sprinkle layers with a little flour
and the other ingredients. Then add the
water or stock. For the meat to be well-
cooked and tender, and the crust not over-
baked, it is well to fill the pie-dish, cover
with an old dish, and stew gently in the oven
for about 1½ hours. Let the meat cool, then
put a pie-chimney in the centre of the pie-
dish to prevent the paste sinking. Damp

the edge of pie-dish, cover with a strip of paste, then put the paste over the meat to cover, pressing the edges together. Make a hole in the centre, and decorate with rose and leaves. Bake until the crust is brown (about $\frac{3}{4}$ hour).

Sufficient for 6 persons.

BEEF STEAK PUDDING **(Rich) No. 1**

Suet Paste for Pudding

6-oz. Shredded ATORA. 12-oz. Flour.

Pinch of Salt. Water.

Mix suet, flour, and salt together and make into a rather stiff dough with water.

Filling-in for Pudding

1-lb. Steak (rump preferred), cut in thin pieces. 4 Sheep's Kidneys or 6-oz. Ox Kidney, cut up thinly. 2 or 3-oz. Mushrooms. 12 Sauce Oysters (bearded). Little chopped Onion and Parsley. Pepper and Salt. Water.

Line out a greased basin with the suet paste, put in the above ingredients in layers, sprinkle onion, parsley, pepper and salt, between each layer, moisten with water, and cover with suet paste, tie a cloth over and steam for 4 or 5 hours. When cooked remove cloth and serve pudding in the basin. Add the liquor of the oysters to some stock and serve for gravy.

Sufficient for 6 persons.

(By the famous chefs,

Messrs. T. & L. Fox, of Brighton.)

BEEF STEAK PUDDING (No. 2)

Paste for Pudding. 12-oz. Flour. 6-oz.

Shredded ATORA. Level teaspoonful

Baking Powder. Pinch of Salt.

Mix the ingredients together and make into a rather stiff paste with water.

One lb. steak cut in thin pieces. Four sheep's kidneys or 6-oz. Ox kidney, cut up finely. Half a small onion chopped up very finely. Pepper and salt mixed with one tablespoonful of flour. Line a greased basin with the suet paste, put in the ingredients in layers, with the seasoning sprinkled between each layer, fill with water, cover with the paste, tie a cloth over and steam for 4 hours. Serve with some thickened gravy.

Sufficient for 6 persons.

COLD MEAT PIE

Cut up any cold meat left over. Put a layer of sliced potatoes at the bottom of the dish, then meat, with a little finely chopped onion or other flavouring, pepper, and salt, and fill up dish. Pour over some stock, or if no stock is handy, use a little Bovril mixed with water. Cover with "Short Crust," and bake. Butter beans, or haricot beans left over, can be used—they will improve the flavour of the pie. Serve hot.

COLD MEAT ROLLS

Pass the meat through a mincing machine, with half the bulk of breadcrumbs added, some finely chopped parsley, pepper and salt. Beat up 1 egg, and stir into the mixture with the hand. Make some "Short Crust," roll out, cut into suitable size—about 5 inches square—fill the mixture on half the surface, double over the crust, pinching the edges together, then bake and serve hot.

NOTE.—The egg may be omitted, and a little stock used instead to moisten.

FISH PUDDING.

INGREDIENTS.—1 lb. of any kind of white fish—or half Aberdeen filleted Haddock and half white fish. 4-ozs. ATORA. 2 ozs. Breadcrumbs. 1 teaspoonful finely-chopped Parsley. $\frac{1}{2}$ pint Milk, or stock made from fish bones. 2 Eggs. A few drops of Anchovy Essence (if only white fish is used). Salt and pepper.

METHOD.—Free the fish from skin and bones, and pound it well with the suet. When making without the aid of a mortar, chop the fish finely and rub through a sieve. Add the breadcrumbs, parsley, salt and pepper, anchovy essence, and mix well. Beat the eggs slightly, add the milk or fish stock and stir into the mixture.

Have ready a well-greased plain mould or basin, put in the mixture and cover with greased paper, and steam gently for nearly $1\frac{1}{2}$ hours.

Serve with anchovy, eggs or melted butter sauce. If smoked haddock is used, then a plain white sauce should be served.

Time altogether about 2 hours. Sufficient for 4 to 5 persons.

PEASE PUDDING

1 pint Split or Whole Peas. 2-oz. Shredded ATORA. Pepper and Salt. 1 Egg (optional).

Soak the peas overnight in water, and take out those that float to the surface. Boil the peas, loosely tied in a cloth, about 3 to $3\frac{1}{2}$ hours (until tender), then pulp through a sieve or colander. Beat up well, add Suet, salt and pepper (and egg beaten). Put

mixture in a floured cloth and steam for 1 hour. Serve hot with gravy.

NOTE.—Cold potatoes, mashed up, can be added to the pudding.

SAUSAGE ROLLS

Boil the sausages for 5 minutes, then take out of the skin. Make "Short Crust," following our recipe, roll out square, put sausage on one half, double over the paste, pinch together, prick holes on top with a fork, and then bake. Minced beef and ham, or veal and ham, will make a nice filling instead of the sausage.

Stuffing or forcemeat

For Veal, Chicken, Turkey, etc.

Delicious stuffing or forcemeat is made with little trouble by our recipe, and gives a delightful and fragrant piquancy to many dishes.

Roast Veal, Poultry, and Turkeys should always be stuffed. All white meat has a tendency to be slightly insipid, and the stuffing improves the flavour, stimulates the palate, lends an added interest to the dish, and makes it go farther.

Mutton and Lamb boned and stuffed make an extremely nice change from the usual roast joint, especially if also served with forcemeat balls, cooked in the baking tin (p. 47). Rabbit, stuffed and roasted is delicious. The rabbit should be covered with slices of bacon and well basted to prevent the flesh getting dry.

Herrings, Fresh Haddock, etc., stuffed and baked, provide another tasty variation from the usual methods. Stuff the fish and bake in a moderate oven, basting at intervals.

STUFFING

4-oz. Breadcrumbs. 4-oz. Shredded ATORA
2 Eggs. 2-oz. Ham or lean Bacon chopped
into dice. $1\frac{1}{2}$ -tablespoonfuls chopped Pars-
ley. 1 teaspoonful Thyme. $\frac{1}{4}$ -teaspoonful
Marjoram. 1 good pinch Nutmeg. 1 pinch
Mace. Juice and grated rind of 1 Lemon.
Salt and Pepper.

Mix dry ingredients in a basin with the
lemon juice, add the eggs and mix well.
Sufficient for a Turkey up to 9-lbs.—for a
larger bird increase in proportion.

TO STUFF A FOWL

Cut off the neck where it joins the body,
leaving plenty of loose skin. Place a square
of breadcrust in first to prevent the stuffing
falling into the carcase, then press the stuff-
ing in lightly but firmly, and skewer or
sew the skin over. The carcase may also be
filled for forcemeat, or with boiled chest-
nuts, chestnut puree, sausages or sausage
meat.

FORCEMEAT BALLS

Recipe as for "Stuffing" (p. 46). Make the
mixture into balls, cover with beaten egg
and breadcrumbs, and fry in boiling ATORA
(Block) or cook round the meat or bird in
the baking tin.

Sundries

MINCEMEAT

1-lb. Shredded ATORA. 1-lb. Chopped
Raisins. 1-lb. Brown Sugar. $\frac{1}{4}$ -lb. Citron
Peel. 1 Lemon. $\frac{1}{2}$ Nutmeg grated.
1-lb. Chopped Apples. 1-lb. Chopped
Sultanas. 1-lb. Currants. $\frac{3}{4}$ -lb. Candied

Lemon Peel. $\frac{1}{4}$ -lb. Candied Orange Peel.
 $\frac{1}{2}$ -teaspoonful Salt. 2-ozs. Sweet Almonds.
blanched and chopped. $\frac{1}{4}$ -pint of Brandy
or Whisky.

Dry the sultanas and currants after washing, mix all dry ingredients together after chopping. Lastly add the grated rind and strained juice of lemon and the brandy or whisky. Mix all thoroughly. (Ingredients can be put through small mincing machine instead of being chopped.)

PORRIDGE

For porridge made with oatmeal or any kind of prepared oats add a teaspoonful of Shredded ATORA for each portion. The improvement is simply wonderful.

BASTING

Shredded ATORA is excellent for basting. Sprinkle on the joint, fowl, etc., as required.

PANCAKES.

$\frac{1}{4}$ -lb. Flour. Pinch of Salt. $\frac{1}{2}$ -pint Milk.
1 Egg, well beaten.

Mix milk gradually with the flour to a smooth batter, then add egg. Let the batter stand for two hours as it will then make lighter pancakes. If rich pancakes are required, use two eggs and a little less milk to the same quantity of flour. If fried over a coal fire see that it is clear. Melt a little Block ATORA in frying pan, pour in batter according to thickness liked. When batter is set, turn the pancake either sharply with a long, thin knife, or, after loosening with a knife round the edges, jerk the pancake over, so

that the top can then be browned. Turn out on a dish, sprinkle with fine sugar, squeeze a little lemon or orange juice over, roll over, and serve at once, as pancakes should be eaten as soon after frying as possible.

NOTE.—Nothing can equal Block ATORA for frying pancakes; they will not stick to the pan, and the ATORA will add to the delicate flavour of the batter.

Frying

Put some Block ATORA into a saucepan or fish fryer, and let it boil; when it boils it will be quite still, and there will be a distinct blue smoke rising from it; until you see this smoke do not attempt to fry anything that is covered with egg and breadcrumbs, or you will not be successful. The great heat of the fat when quite at boiling point hardens the egg on the outside of the article to be fried, thus forming a case, which prevents the fat from getting inside the article; if, on the other hand, you put fish, meat, etc., into fat which is not boiling, it tastes very greasy and is quite sodden, instead of being crisp and dry.

There should always be sufficient fat to cover whatever you are frying. It will last for many weeks if you are careful not to burn it.

The fat, if in constant use, should be strained two or three times a week.

FRIED PLAICE

1 Plaice. 1 Egg. Flour. Breadcrumbs.
Block ATORA.

Cut the plaice into pieces; put them

into flour to make dry. Beat the egg thoroughly, and put on a plate. Brush the fish over with the egg, then cover with breadcrumbs, pressing them on firmly. Place in boiling ATORA until a golden brown; take out and drain well on soft paper; serve with fried parsley.

FRIED PARSLEY

Wash the parsley, and wipe very dry, remove the large stalks; place in a wire basket and plunge into fat (which must not be boiling) for a few seconds only. The parsley should be crisp and green when fried. Use Block ATORA.

RICE FRITTERS

$\frac{1}{4}$ -lb. Rice. 2 Tablespoonfuls Flour. Few drops of Bottled Sauce. A little finely chopped Onion. Pinch of Salt. 1 Egg. Wash rice, then boil with onion in a large cup of water for $\frac{1}{2}$ hour, then strain, put in basin with sauce, flour, and egg (if liked, a little chopped or minced meat can be added), mix together, and fry in boiling Block ATORA until a nice brown. Take out and drain, serve on paper or fish drainer. These can be made in whatever shape is preferred.

Sufficient for 5 or 6 persons.

BAKED POTATOES

Peel the potatoes; if large cut in half. Put enough Block ATORA in tin for the potatoes to bake in. Potatoes done in this way are delicious, crisp, and brown. Time required, about $\frac{3}{4}$ hour.

CHIPPED POTATOES

Nothing equals Block ATORA for frying chipped potatoes.

MEDICAL EVIDENCE

Dr. W. B. Vaile, M.R.C.S., Medical Officer in charge of a Sanatorium, gives some striking testimony to the value of Beef Suet in a paper contributed to *The Lancet*.

“For six years in every home where I have had a case of pulmonary tuberculosis (consumption) I have strongly advised the mother to insist upon everyone eating fat, *and to give them liberal and frequent suet. I have no failures to record.* In no home where this has been done have any further cases been brought to my notice.”

Dr. Saleeby (Chairman of the National Birth Rate Commission) writes in similar strain :

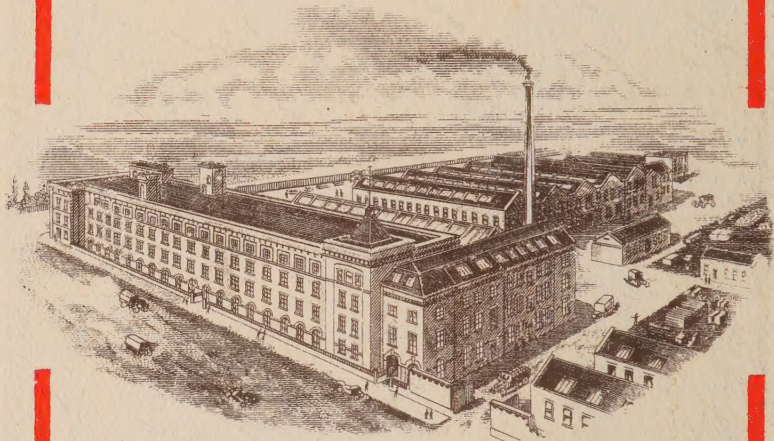
“The young human being requires a continuous supply of this substance (the Vitamin A in Beef Suet) for normal development from its real beginning nine months before birth until the 18th year. . . . But further we learn that this Fat Soluble A helps to protect the body against infection, very notably by tuberculosis.” (Fat Soluble A is the A Vitamin.)

Note the remark “nine months before birth.”

In other words, “ATORA ” is as essential to the mother as to the child. It should be included regularly in the diet, in dumplings and puddings, and also taken directly in milk, milk puddings, and porridge.

“ ATORA ” has helped to keep the NAVY fit for over 20 years, is largely used in the ARMY, has been supplied to all the POLAR EXPEDITIONS, and has improved the cooking of hundreds of thousands of British housewives.

*Prepared under ideal conditions in
the “ ATORA ” Works, Manchester.*



“ ATORA ” has been awarded 15 Gold and Silver Medals, and holds the Certificate of the INSTITUTE OF HYGIENE for PURITY.

*Sold in 1-lb., $\frac{1}{2}$ -lb. and $\frac{1}{4}$ -lb. Cartons
and 2d. Packets by all Grocers and
Provision Dealers everywhere.*

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HUGON & CO., LTD.,
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